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# **MY MESSAGES ON LIFE MANAGEMENT**



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**INDIAN INSTITUTE OF SCIENTIFIC HERITAGE**

**THIRUVANANTHAPURAM-695018**

**[www.iish.org](http://www.iish.org)**

**Heritage Publication Series 130**

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*Published by :*

**Indian Institute of Scientific Heritage (IISH)**

Registered Charitable Trust 328/99/IV

Ushus, Estate Road, Pappanamcode

Trivandrum - 695 018

[www.iish.org](http://www.iish.org)

Ph. 0471 - 2490149

**Rs. 25/-**

*Printed at:*

Sree Printers (DTP, Offset & Screenprinting)

Ind. Estate, Pappanamcode, TVM - 19, Ph. 2490135

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### **Details of the bank account**

Beneficiary : IISH Trivandrum

Ac No : 57020795171

IFSC : SBIN0070030

Bank : SBI industrial estate, papanamcode  
Trivandrum-19

*In the service of the motherland and dharma*  
**IISH Publication Team**

There are four kinds of people 1. Those who make things happen ! 2. Those to whom things happen! 3. Those who watch things happen! 4. Those don't even know things are happening !

I, we, you, they, group, family... are words having steadily increasing number of letters. Which word is easy to change? Ans. 'I'. Thus change from today onwards the I

Write down each of your activities in a systematic way and also the work to be done one by one. Tick ( " ) mark after doing each work. It can fetch fantastic result and satisfaction

Generally people do what you inspect and not what you expect !

"Somehow I adjust with them". This is a negative statement. "I accommodate with them". This is a positive statement. Adjustment is done when there remains no alternatives. Accommodation is done due to the full acceptance of the pathway. While accommodating you accept the positives and negatives of the individuals

Darkness is the absence of light . Like that ignorance is the absence of knowledge. When light comes, automatically darkness goes. When knowledge comes automatically ignorance goes

A strong criticism for mind is like a surgery for body which removes the bad from the body permanently. A strong appreciation is like a massage which gives temporary relief. Slowly try to welcome the criticism which purifies our mind, behaviour and vision

Messages, experiences and stories are the three pillars for us to change the mind from bad to good. When mind changes, thoughts change. When the thoughts change action changes and when action changes result of the actions changes. There you are !

Spent a few minutes for watching the animals and a human baby ! Compare their love, affection, fear, innocence, anger, hatred, respect and so on. Decide now is it not time you to stop eating their flesh and blood. My request to you, stop eating the dead body of the animals. They are butchered the most painful ways. Their curse should not fall on your family. The animals have pain like human beings and fear of death too!

We do not have the freedom to select our mother, father, gender, home, country of birth nor the freedom to become white, black, handsome and so on. We have one freedom, that is to keep our mind good. And elevate our mind from bad to good, good to better, better to nearer to the best. Start doing that today

Write down each small and big work that you have to do today and tick mark each work when it is done/ completed. The satisfaction you get will be immense. You get more time, leisure, freedom, and contentment when you follow this pathway. Many of the tomorrow's work can be done today. Many of the cancelled work can also be done. You become less busy !

Happiness is not permanent ! Sorrow is not permanent ! We are also not permanent in this world ! The only permanent thing in this world is that everything is temporary. Just remember that when you fight with others

Even the sun will become a black hole one day. Death is there for an animal, tree, a microorganism and even for a solar system. That means death is there for you and me. One day we will have to go from here. Do not remember about death always.

Atleast once in a while remember about your past and future. If birth is there death is inevitably there.

Many people sent me the birthday wishes. My deepest gratitude to each and everyone of them. Your words are the most inspiring blessings for us to pursue the mission. Those are higher than a reward or award.

To all the brothers and sisters of Bhaarath and world. My politest request to you. Be kind enough to animals . Do not eat their dead bodies and incur their painful curse on your head. See the cruelty in killing the animals uploaded in the view in you tube. Spread this video produced by a western good man

Analyze every negative points happening in your life. Sometimes it may give you many new ideas for making the life better and solving the problem in a better way. Many a times we worry about the problem and get tired of it.

There are different types of words ! Motivating, appreciating, encouraging, evaluating, justifying, explaining, narrating, consoling, pacifying,.....

criticizing, denigrating, degrading, ignoring,... Think about the words you use in your daily life

Risk is there everywhere . Risk in personal, official, social, business..... life. If you take risk there are possibilities of success and failure. If you do not take risk, the possibility of risk based success is nil.

Life of each animal is almost fixed and that is applicable for human beings also. While doing something, just think that tomorrow is your last day in this earth. Then try to do all that you wanted to do before your last breath

Since many problems start from us, it should also be solved from (by) us. In short the solution for the problems should also start from us.

Justice Krishna Iyer said people may have both good and bad. Appreciating and supporting the good and criticizing and rejecting the bad are the real freedom of thought and action. This is applicable in our life also. Take the good and reject the bad from anyone and everyone

Sort out each problem that you have to solve, whether it is individual, family, official or social. Then solve one by one in the order of their easiness to solve. Finally you can see you solved almost every problem, even though new one will come.

Sacchin Tendulkar said that the Indian cricket players are fortunate to serve the nation through cricket. Greatest message! In which ever field we work, let us serve our motherland till the last breath

Exaggerating, suppressing, distorting and misinterpreting are the four injuries that can be created for a fact/truth

You do not have the freedom to select your mother and father. You have to accommodate them. But you have / had the freedom to select your husband/ wife. You have utilized that freedom and became a 'couple'. So you do not have the freedom to fight each other.

When you talk slowly, steadily in low voice with dignity, you may have to use only a few words to convey a lot of messages, that too with great respect from the listener. Try today onwards

A man can be converted to an animal if the culture of that man is erased off. We call samsakaaram, samskruthi, sanskrit, sanskaar, samskaranam, etc for culture building because it is the 'processing' through which a human animal is converted to a human being.



I, we, you, they, group and family; these words have 1 to 6 letters. Just think which is easy to change. I am sure answer will be 'I'. Change yourself from yesterday to today and from negative to positive. Then try to change others having more letters.

The need of the day is not adjustment but accommodation. Happy life is the result of the accommodation, atleast for majority of the issues in personal and professional life.

Collecting information, converting that into knowledge and then into wisdom are to be followed for our transformation

Preparation for living is not life, experience of living is life. So experience the good and bad, ups and downs, positives and negatives in the life

After learning so much if we are not happy, then who can make us happy in this world. Our happiness should come from our internal consciousness. It cannot and it will not come from outside.

Through a series of and serious efforts any bad habit can be changed. Just like we train our body, we can train our mind for which we need a passion lochaa sakti.

There are two types of angry people. People using anger and the other the anger using the people. If we use anger, it is easy for us to get rid of that. If anger is using us, it is difficult, because we are in the hands of anger!

If you are angry or frustrated on any issue, sit down somewhere and analyze the problem. Never react fast, act slowly after settling down your mind

Changing the world around you to yellow colour is difficult, but if you put an yellow glass in your specs, you can see the world in yellow colour. Thus if v'e change, we can see the world is changing

Everyday is a bonus for us. So do the level best for ourselves and others from today, Today is the Makara sankraanthi day.

Wherever we want to use strong harsh words, either oral or in writing, delay the whole process of reacting, spend some time to cool down. We can see that we will not be using those harsh words, instead the words will become softer and cooler .

Harsh words create more serious injuries than soft words. Harsh words are sharper than swords. That is why in India it is called vaak saram.

Knowing who is good and bad is the first step. The second step is using the good and the third step is converting the bad to good and using them for the mission.

We use an idol or image of god or Rushi not because the picture is god but because through that image we can do imagination of divinity beyond that picture/ image / idol

If you cannot do the planned work today, you plan and do another work so that today will not be wasted.

**GENERAL MESSAGES:** Happiness is the interval between two sorrows. Life is full of opportunities with problems and solutions. The more you desire to achieve, the more will be the problems. Facing the problems, finding solutions and enjoying the results of the application of the solution are the experience in life.

**MESSAGES FOR THE PARENTS:** Dear parents ! Whenever you get time spend a few minutes to inform your children that there are challenges, problems and solutions in the life. Tell them that they should not feel tired or scared while facing these problems. Reminding this will make them strong.

**MESSAGES FOR THE TEACHERS:** Dear teachers! When you teach any subject in your class, go back to the history of the content of the lessons also. You will get the example to cite how much pain was suffered for developing the subject area by the people about whom you are teaching in the class. This gives them exposure to the challenges, problems, and solutions in the students' life too.

**MESSAGES FOR THE STUDENTS:** Dear students! None in this world has achieved anything without sweating. Take the examples from the biography or life history of anyone They have suffered a lot for the achievements. If you would like to achieve something in this world, you have to face the sorrows, happiness, success and failures.

**MESSAGES FOR THE WORKERS:** Result and reward of work will definitely give enjoyment and satisfaction. These two will be ready only



at the end of the work. However if you have a good mind, the enjoyment and satisfaction are available at every minute of doing/ experiencing the work. That enjoyment lasts for long. Other is available at the end of the present work only and ends at the beginning of another work.

**HERITAGE MESSAGES:** Always integrate science and spirituality in your mission, vision, work and life. This will help you a lot. Said Lord Krishna 'jnaanam vijnaana sahitham yad jnaathwaa mokshyase asubhaath ( if the spirituality –jnaanam – is analysed and applied with science – vijnaanam- all the superstitions and problems can be solved in the life).

**GENERAL MESSAGES:** Every thought has a beginning from what you listened and watched. If you heard/watched something good for a few seconds, sometimes your thoughts will go through that path for many minutes or even hours. So let the thoughts ignited in your mind be a positive one so that it spreads as positives for a longer duration.

**MESSAGES FOR THE PARENTS:** Always try to give good messages, stories, and events to your children as small bits. Those will instigate a series of good memories and thoughts in them. Each of the messages you have given to them will be remembered during crisis and confusions.

**MESSAGES FOR THE TEACHERS:** Your words should always carry something memorable and good for the children. That will stay in their mind for longer period. This particularly is applicable for the school teachers. Remember to give them good points in short time in simple words for remembering always in the life.

**MESSAGES FOR THE STUDENTS:** Thoughts are generated as mentioned above . Many thoughts become habit and many habits become cultural traits and many cultural traits together become your culture. Now you know how a cultured man is evolving. Follow that path

**MESSAGES FOR THE WORKERS:** Let the constructive thoughts always follow you and never allow destructive thoughts to hunt you. You are the product of what you think. Never surrender your wisdom, knowledge, freedom, rational and logical approach to the misguiding leaders, who say one thing today and do another thing today or tomorrow.

**HERITAGE MESSAGES:** What the scholars do are followed by others and what rules the scholars make that others follow. Be a good

scholar for which academic qualifications are not must. yadyathaacharati shreshta thath thadevetharo janaa: sa yath pramaanam kuruthe loka thadanuvarthade = Bhagavath Geetha written 38 years before the beginning of Kaliyuga gives this messages. Kaliyuga started in BC 3102 Feb 17<sup>th</sup> Thursday at 11.55 PM when Earth, Mars, Mercury, Venus, Jupiter, Saturn and Moon came in the same line of Alpha Aeries Point

**GENERAL MESSAGES:** Many events and many problems in our life are created due to the fact that the messages are not conveyed completely or wrongly conveyed. We should convey any message and allow others to convey their messages clearly and fully, till the listener understands the message.

**MESSAGES FOR THE PARENTS:** You have to inform your children how, what, when, why and where to convey the messages and whom it should be conveyed. If proper communication is not done, it can lead to many types of confusions and misunderstandings. You also convey the messages to your children perfectly and completely.

**MESSAGES FOR THE TEACHERS:** You have to teach the students how to communicate fully and clearly to others on any subjects. The communication method should be learned partly from family and partly from the school.

**MESSAGES FOR THE STUDENTS:** You have to learn from others how they are talking and making others understand the matter they want to convey. If communication skill is not learned earlier in the life, later it will become a habit and part of the character. This will be difficult to change.

**MESSAGES FOR THE WORKERS:** Tell your supervisors, colleagues, equals and subordinates what you want to convey clearly. Whether they like it or not is not that serious if it is not destructive. The communication language should be polite, straight forward, without any hidden agenda and should be purposeful.

**HERITAGE MESSAGES:** sathyam vada, dharmam chara, swaadhyayaan maa pramada, sathyaan na pramadithavyam..... tell the truth, tell the fact, tell the essence, follow the path of dharma, never deviate from telling the truth and following the dharma in life.

**GENERAL MESSAGE:** Criticising and blaming others for our mistakes have become a common trend. We put the responsibility of the results of all wrong doings generally on others for saving ourselves. Just try once to take the responsibility of the mistakes we have done by saying " it is my mistake I am sorry for that" Your quality and respectability will increase significantly.

**MESSAGES TO THE PARENTS:** Teach our children to take the responsibility of any wrong doings by themselves. For that you should show them that you take the responsibility of your mistakes, in home and also in your office. Tell them about the mistakes you have committed.

**MESSAGES TO THE TEACHERS:** At least once in a week inform the students that people will commit mistakes and it is common. The more they work the more mistakes will be common. And tell them that they should not run away from owning the responsibility of the mistakes.

**MESSAGES TO STUDENTS:** Be bold enough to do many things in your life. There may be mistakes in that. Fearing the mistakes one should not stop doing work. The more you do the more may be the mistakes. Remember that who does not do anything will not commit any mistakes. And naturally he cannot achieve anything in the world.

**MESSAGES TO WORKERS:** Let you be a straight forward worker to tell the truth and act accordingly in work and vision. Let it be your friends or union leaders or yourselves who commit mistakes, be bold enough to tell that and get it corrected.

**HERITAGE MESSAGES:** Maamevaishyati satyam tey pratijaane prhyosi may sarva dharmaan partyajya maamekam saranam vraja, aham twaa sarva papebhyo mokshyishyaami maa sucha = Dear Arjuna I assure you that, if you are fighting the war according to dharma to annihilate the adharmaic forces, I shall take the responsibility of that action and you will not incur sin out of doing your dharma

**GENERAL MESSAGE:** The Ford company which showed the path of manufacturing high quality vehicles to the world for the last many decades adopted a project known as 'The Way Forward' This was a great but simple message for everyone. Through this path they could make a

turnaround of the company. Let anything happen let us march forward and that is the only way 'The Way Forward'

**MESSAGES TO THE PARENTS:** Tell your children that there are problems in the life, positives and negatives are there. You have to teach your children that they have to experience these negatives and positives without which they will not become strong enough to face the future challenges. Thus they have to sort for 'The way Forward'

**MESSAGES TO THE TEACHERS:** Every student has to be taught that they are learning the messages, experiences and stories mainly for adopting the lessons from that in their life. These are needed for strengthening their future life. 'The Way Forward' itself gives strong message to any student through the teachers.

**MESSAGES TO STUDENTS:** Every reputed person in this world could achieve their present level only through the hard work and strenuous mission oriented effort input. They could achieve that position when they decided to follow 'The Way Forward' You should also have the devotion, dedication and sincerity to move through that message.

**MESSAGES TO WORKERS:** Your company and organisation are the source of your livelihood. You, your colleagues, and management should march 'the way forward' to achieve the goal of growth. Work together and work hard without taking much rest.

**HERITAGE MESSAGES:** Hatha vaa praapsyathi swargam jitvaa vaa bhokshyase maheem = Do your dharma and march forward. If you fall in your mission feel happy that you have done your duty with utmost sincerity and if you are successful enjoy the fruits of success says Lord Krishna in Bhagavath Geetha

**GENERAL MESSAGE:** Failure is the price of greatness. It is needed for more achievements. Said Robin Sharma, the Management Guru. It is true that without failure, set backs, problems, pains, and hurdles, one cannot achieve anything in this world.

**MESSAGES TO THE PARENTS:** Dear Parents Inform your children that the pains, and problems with failures are part of the life. Without minus there cannot be plus. Everyone, whether it associated the topmost or bottommost, has to pass through the problems which your children should



also have to pass through. Inform them and prepare them to face the failures also..

**MESSAGES TO THE TEACHERS:** You should remind casually your students that the students should also prepare to face the failures in any action taken. Even while keeping the highest level of optimism, one should prepare for the worst failure also. Explain to the students with example as stones or experiences.

**MESSAGES TO STUDENTS:** You should know that every great men you see or you have heard of have met with many failures in their life. In fact the number of failures in their life would have been more than the number of successes.

**MESSAGES TO WORKERS.** Getting a job, involving in the job, reaching higher position, and finally coming out of the job are part of your job and work. None in this world could climb the ladder without stepping into the first step. When you reach higher level of the ladder, the level of fear, anger, bondage, and so on will also increase. Prepare for that

**HERITAGE MESSAGES:** Na hi sanyasanaad eva siddhim samadhi gacchadhi; By relinquishing from everything one cannot become a scholar, genius, great man or famous. Get involved in the work and get yourselves elevated said Lord Krishna in Bhagavath Getha.

**GENERAL MESSAGE:** Maa Bhee Never be scared! Never be afraid! It is important that we should not get scared of doing something good and not doing bad, told Swamy Vivekananda. What pulls us back is the fear of doing something and the fear of not doing something else Says Dr. C. V Raman.

**MESSAGES TO THE PARENTS;** Encourage your children to do challenging jobs and undertake risky missions. Let them learn what is life and what are the problems in the life.

**MESSAGES TO THE TEACHERS :** Use two to three minutes for making your student bold. Give them the courage to speak, act, march forward and do things even expecting failures and with a smiling face.

**MESSAGES TO STUDENTS:** World over students are encouraged to undertake highly risky work. They are motivated to march forward without

others support. Do not think too much about the consequences. You should also learn how to do things boldly and motivate others also to do the same

**MESSAGES TO WORKERS:** The bad thing about workers is not doing work by themselves and the worst thing is not allowing others to do their work. That is what is happening in Kerala in the name of the freedom of declaring strike.

**HERITAGE MESSAGES:** Veetha raga bhaya krodha sthithadheer... Get rid of over bondage, fear and anger live with stabilized mind and vision

**GENERAL MESSAGE:** Anyone in this world has achieved something means they have struggled a lot for the same. Without struggling none can reach higher position and status. 'Dictionary is the only place where success comes before work'

**MESSAGES TO THE PARENTS:** Give your children opportunity to suffer/ experience the negatives in the life. Let them learn as much as possible through directly undertaking many responsibilities without your support. Let them stand on their own leg. Let them face the negatives in the life.

**MESSAGES TO THE TEACHERS:** Give the examples of the suffering and pains taken by great men like Swamy Vivekananda, Dr A.P.J Abdul Kalam, Dr. C V Raman, Steve Jobs, Michael Dell and so on to reach the highest level in their own field of work.

**MESSAGES TO STUDENTS:** Remember that everyone in this world has passed through your stages. They utilized every opportunity to become good and great which you should also follow. You can take rest later, but now work hard, hard and hard till the goal and beyond that is achieved.

**MESSAGES TO WORKERS:** Wherever you are working, work hard and achieve your goal, your company's goal and also the goal of the society and nation. Become a citizen who thinks about self, the company, the society and the nation.

**HERITAGE MESSAGES:** Na hi suptasya simhasya pravisanthi mukhe mrukhaa; = No animal will go to the mouth of a sleeping lion and say you can eat me. The lion has to hunt / work for its food. So udyamena eva



siddhyanti kaarayaam na manorathai = only through hard work one can achieve something and never by seeing day dreams

**GENERAL MESSAGE:** In olden days, the world was moving through individual works. Now a days the system is changing and the whole world is moving through team work. Without team work major work will not move, whatever may be the work. Thus team work should be the means and end for our mission.

**MESSAGES TO THE PARENTS:** Your dharma is to teach your children to work in a team. Team work is the crux of success of even a game or a competition. In the west, 50% marks are given for the subject knowledge and 50% for the ability to work in a team.

**MESSAGES TO THE TEACHERS:** Teach your students not only to be efficient in the team work, but also effective in every decision making activities. It can be said that efficiency in individual work and effectiveness in team work make the student good and great.

**MESSAGES TO STUDENTS.** You have to learn to stand on your own leg and also to work as a team. You know that whether it is cricket, football, film making, school festival and so on or the family work team work is essential. When we lag behind in team work we get ousted without even getting the consideration from others.

**MESSAGES TO WORKERS:** Nokia, Toyota, Ford, Mahindra, BBC, Wal-Mart, Tata, Reliance and so on are focussing only on team work failing which forward movement becomes impossible for anyone.

**HERITAGE MESSAGES:** sanghe sakti kalou yuge = In kaliyuga the strength is in working together. That is why Lord Rama took all the team members right from squirrel to monkeys with him as a team to achieve the goal.

**GENERAL MESSAGE:** Many big companies have failed more times than small companies, said American President Franklin. True! For a great success and wonderful achievements, one has to face many failures. As I told earlier, the pathway to heaven is through hell. One cannot achieve anything without a series of failures. Many great industrialists, scholars, leaders and so on, have failed in many of their ventures.

**MESSAGES FOR THE PARENTS:** Just remind your children that there are success and failures in the life. Give them experience to face failures also. That is the aim of playing the games as teams. Sometimes one team will be successful and sometimes, the other. Thus gets the experience for your children to face the taste of failures and that makes them strong.

**MESSAGES FOR TEACHERS:** Just remind your students that there is failure and many great people failed many times. Give the examples of great scholars, teachers, leaders and also your own experience. Give them the messages of failures with an experiential feelings.

**MESSAGES FOR STUDENTS:** Each and every failure should strengthen you. Dr. C. V. Raman could discover the Raman Effect after a series of failures. Michael Faraday has failed thousands of times and he has recorded all these failures, before inventing the bulb filament. So the failure is part of our daily life.

**MESSAGES FOR WORKERS:** Many workers fail in their mission, vision, approach, attitude, working methodology and finally they may leave the organisation which fetches them the most suitable job. Many companies, like Tata, Infosys, GE, GM, Xerox and so on and many senior officials from these companies have also failed in many projects creating billions of dollars loss. They struggled and finally achieved a lot, only because they worked with enthusiasm.

**MESSAGES FROM HERITAGE:** Hato vaa praapsyathi swargam jitvaa vaa bhokshyase maheem. Hey Arjuna the chance of success and failure is almost the same. Still remember that if you are successful enjoy the fruit of the success and if you are a failure, remember that you have done your great duty. (Bhagavath Geetha)

**GENERAL MESSAGE:** Words are of different nature. They are sharp, soft, sweet, bitter, arrogant, egoistic, denigrating, belittling, degrading, appreciating, motivating, evaluating, assessing, guiding, blessing, cursing and so on. Each of them has its own impact in the listener.

**MESSAGES FOR THE PARENTS:** Parents should use the words which will remain in the mind of your children. Your words should have gum in

that so that it will stick in the mind of your children. Let them remember you through your words.

**MESSAGES FOR TEACHERS:** It is your duty to show that the positive words and negative words create a lot of impression in the mind of the students. They grow and respond to the society according to the way you present the message to the students.

**MESSAGES FOR STUDENTS:** You have to learn from your parents, teachers, friends and others how - when - where - why - what . words should be used and also the consequences of using different types of words.

**MESSAGES FOR WORKERS:** The words from top to bottom and bottom to top and also in the horizontal level have different impact in the working environment in the office. If you keep silent nothing may happen, but if you speak in different ways something will definitely happen which may be positive or negative. Negative will remain in the mind for long and positive may vanish soon.

**MESSAGES FROM HERITAGE:** Vaang may manasi prathishtithaa mano may vaachi prathishtithaa = words evolve from the mind and mind can be read from the words. (Let the words be as good as the mind. If the mind is not good change the mind first and automatically words will change).

**GENERAL MESSAGE:** Mind is the source of many qualities in our daily life. Mind can jump into anger, ego, aversion, fear, laziness, inertia, happiness, sorrow, and so on. Those feelings will reflect in our words and deeds. Hence the Indian scholars always advised to keep the mind stabilised.

**MESSAGES FOR THE PARENTS:** It is easy to tell to control the mind. But difficult to practise. It is important to remember that your children learn almost everything from you in the initial stages of their life. Your mind gives the source of information to your children. The way you behave that they copy.

**MESSAGES FOR TEACHERS:** The students can behave and misbehave in the school and it can be rectified by punishing/ correcting them. But a teacher can only behave and cannot misbehave. Higher the position of

the teachers, lower is their freedom. That means the control of the mind should be effective.

**MESSAGES FOR STUDENTS:** When you are learning many things, remember that the most important thing you should learn is the control of mind. If one cannot control the mind, all other things can move without control. Hence learning should start from mind control.

**MESSAGES FOR WORKERS:** You may like many things and may dislike many things in the office work. Keep the mind in an *yajna bhaava* so that likings and dislikings may not become a burden / problem for you.

**MESSAGES FROM HERITAGE:** *Mana eva manushyaanam kaaranam bhandha mokshayo:* = mind is the cause of all type of attractions and aversions, thus if you can control the mind other things can be easily controlled.

**GENERAL MESSAGE:** One minute apology is a great message practised in many companies by the leaders and managers. This is good for one and all, mistakes are common. Once it is committed, the only alternative is to apologise whole heartedly.

**MESSAGES FOR THE PARENTS:** Whenever you get angry to your children and use abusive words without control, it will generally create the pain in the mind of your children. If the same type of words are used against you, then only you will get the correct feelings. Once the words have gone from you and you feel sad, next alternative is to apologise in the next minute.

**MESSAGES FOR TEACHERS:** In our behaviour, if words got derailed, it is good to apologise. This will release our mental burden and the listener will get consoled to a great extent. This is particularly applicable among the teachers and to the students.

**MESSAGES FOR STUDENTS:** Very rarely students make it a point to apologise when they misbehave. It is because they do not know that such pathways exist to erase the negatives from their behaviour. Learn and teach to apologise also.

**MESSAGES FOR WORKERS:** Whether we are senior or junior staffs, the mistakes committed and bad words used, and negative actions taken

by one will always pinch his/her mind and the mind of those who experienced the result of the action. I feel it is better to apologise, if you feel what is done/ said is 'slightly more' than needed. This will reduce the internal pain. The ripple effect of apology will stay for long.

**MESSAGES FROM HERITAGE:** Chanakya says; the results and rewards of your words and actions will always follow you, even if you forget them. Hence be careful in doing and telling something which can create pain in others.

**GENERAL MESSAGE:** Examinations are part of life, where success and failures are inevitable. Many students / candidates fail and many may come out in flying colours. Each examination is a test for a particular capacity measurement. It can be test for knowledge or ignorance on a particular subject. Many a times it may end up as memory test

**MESSAGES FOR THE PARENTS:** Inform your children to face the examination with courage and peaceful mind. Never create tension in their mind. Here, in India there are hundreds of colleges for their future studies. Let them prepare well and write these exams under your blessing, encouragement, motivation and inspiration and never on a fear complex.

**MESSAGES FOR TEACHERS:** Tell your students that examinations are part of life for anyone in this world whether he/ she is a teacher, scholar, soldier, clerk, or president of this great nation. Every one has to face and pass these exams. They are like our lunch, dinner and so on,

**MESSAGES FOR STUDENTS:** Do not think always about examinations, study well, prepare well and with a prayer before exam start thinking and writing the exams. All other times take your mind to something good like singing a song, thinking something you like when your mind drags to exam fear.

**MESSAGES FOR WORKERS:** Your CR, work report, assessments, and so on are part of your work examination. Prepare well in those and come out in flying colours. Let you and your organisation be benefitted out of your achievements in your examinations.

**GENERAL MESSAGE:** Even a single MESSAGE can change the life of an individual. So try to read the messages. The messages are available

from what we see, listen, discuss, think and so on. They should be analysed and then practised scientifically, rationally and logically. Who/when/where/why/to whom/ the message was given is less important. What is the message and how it is important for me are more important. Take that much

**MESSAGES FOR THE PARENTS:** In your life, you might have read or heard many messages. Recollect them and teach your children with examples from your life or from the life of learned scholars.

**MESSAGES FOR TEACHERS:** Your class should end with a message which should be special one every time. The students should wait for your message eagerly. That should be the quality of the message that you are giving every day, after making them recollect the previous day's message.

**MESSAGES FOR STUDENTS:** You are expected to listen, watch, discuss and think about anything. You will get chance to collect atleast one message from that. Remember the messages, note down in a book and practice that in your life, little by little. You will be a different person when you grow.

**MESSAGES FOR WORKERS:** You write down one message everyday in your office notice board. A part of that will be taken by somebody and thus contributed for changing their mind. It is not that difficult to collect and write one message everyday.

**MESSAGES FROM HERITAGE:** Bhadram kamebhi srunuyaama devaa bhadram pasyema akshabhir yajatraa = let us listen to glorious messages and let us watch glorious scenes from which we can get the messages for living a happy life.

**GENERAL MESSAGE:** Heaven and hell are created by us in this world. There is no heaven or hell outside this world. We, through our actions create the heaven for ourselves, our family, our society, our office and in our nation. Let us contribute for creating heaven here.

**MESSAGES FOR THE PARENTS:** Teach your children 'for every action there is an equal and opposite reaction to be experienced by the actor.' Do good and take a heavenly experience and do bad and experience a hell here itself. Guide them to create a heaven, in this world



**MESSAGES FOR TEACHERS:** Teach the children the result and reward of the good and bad actions with examples taking stories or experiences from others. Thus convince them that there is no hell or heaven outside. It is the result and reward of our own work action.

**MESSAGES FOR STUDENTS:** Build everyday the path to create heaven in this world. Do not think that a heaven is waiting for you after death. Making here, in this world, the heaven is the real work you learn to do.

**MESSAGES FOR WORKERS :** There are no two categories of people in a company like we say the management and the workers. There is only one category the managers. Each is managing everything. Some people manage the finance, some work, some deal with production and so on. Working together, sharing the fruits together. . are the heaven in a company

**MESSAGES FROM HERITAGE:** Saha naa vavatu saha now bhunaktu saha veeryam karavaavahai thejaswinaa vadeethamastu = Let us exist together, let us share the result of the work together, let us work together, enlighten together, not have hatred towards anyone... Here is the heaven

**GENERAL MESSAGE:** Just think how many years, months, weeks, and days we live in this world. Then come to the value in seconds. It appears to me that we live about 1 billion seconds in this world. How much time we are utilising from this to our family, society, nation and others.

**MESSAGES FOR THE PARENTS:** Let you and your children do the best to utilise every minute in their life. Each minute, the moment it becomes past, will be a waste if you have not utilised that. Thinking and worrying about the past are also waste of time. Start doing what you wanted to do.

**MESSAGES FOR TEACHERS.** You should teach the value of time, which we generally lack in our learning method. Every minute is precious and that information is also precious which should go deep into your mind. Once you are aware about the value of the time, you can teach your students with your experience.

**MESSAGES FOR STUDENTS:** You should calculate how much time you have already spent in your life and how much more is left for your future, if you are living for about 85 years. Then calculate how much you

are wasting everyday and try to reduce the wastage and utilise fully every minute for positively enjoying and making meaningful life

**MESSAGES FOR WORKERS:** The time is money for an employer and employee. Many people in the US used to take \$ 10 – 20 million as their bonus for utilising the time and energy perfectly for making the company profitable and taking the company to higher levels. It may even be individual efforts but supported by all works using their time, energy and will.

**MESSAGES FROM HERITAGE:** 'Every breath is taking you towards graveyard'. After each breath, four seconds are reduced from your total number of seconds allotted for you. So *nimisham jwalitham sreya na tu dhoomayilum chiram* = glow and give light and heat to others even if you are living for one second. Never live a life ejecting smoke for years together.

**GENERAL MESSAGE:** Food is for the body and specific nutrients like vitamins are for the specific organs. Like that thoughts are for the mind and spirituality is for specific aspects of mind. Spirituality, if followed scientifically, rationally and logically can give confidence, courage, self respect, happiness and so on for the mind.

**MESSAGES FOR THE PARENTS:** Let you follow a spiritual path in life without superstition and irrational beliefs. Good spiritual thoughts and applied spiritual customs and rituals should be taught to your children also.

**MESSAGES FOR TEACHERS:** My request to the teachers is that, they should teach the students the logical spirituality through devoted prayer to build confidence and mental strength. Good customs and rituals with spirituality can be ideal for making our mind strong.

**MESSAGES FOR STUDENTS:** You should pray that you should get mental strength to withstand all negatives in your life. Do not pray that you should get that and this. Pray for mental strength only.

**MESSAGES FOR WORKERS:** Whenever we are tired and becoming mentally weak a strong prayer will be like a tonic for our mind. But the mind should accept that the prayer has a value. The prayer should be done with devotion, dedication and sincerity.

**MESSAGES FROM HERITAGE:** Mayee arpitha mano buddhir = be devoted and submit to me with dedication I shall protect you (Geetha)

**GENERAL MESSAGE :** Time is precious. It can be wasted, utilised, mis-utilised and spent. It is a non renewable resource for everyone. Two options are there for us, either use it or waste it. Results and rewards are inevitably follow if one utilises the time. Past means time gone, present means time now available, future means time which may or may not be available.

**MESSAGES FOR THE PARENTS:** Learn and understand the value of time and make your children also understand the value of time. The day we understand the value of time, we can realise the value of life. Thus our mission and vision should be brought inside the four walls of the time.

**MESSAGES FOR TEACHERS:** Your whole academic programs are charted based on periods. Each period has a beginning and end. Within this time you are expected to do a good work. One period is over means a quantity of time elapsed. Use every second and minute like using each food grain.

**MESSAGES FOR STUDENTS:** In your earlier days you are permitted to waste some time for playing and enjoying. That time duration will come down and the time that you are expected to use carefully will increase steadily. Learn to use time and never waste time because the wasted time cannot be brought back. It is not a renewable 'material or energy'.

**MESSAGES FOR WORKERS:** When the time goes you also become old. Remember the day you entered the job. Each year you spend and look back how much it was used for other factors than money making. You will know that much time has not been used for fruitful, purposeful and meaningful achievements.

**MESSAGES FROM HERITAGE :** Jaathasya hi dhruvor mruthyu: dhruvam janmamruthasya cha: If there is birth, there is death. The time between these two is living time. How long you live is less important and how you live is more important. That means how you utilize the time between B and D of D.

**GENERAL MESSAGE:** It is said by L.V. Gerstner (CEO, IBM) "People do what you inspect and not what you expect". He also said "Culture is not just one aspect of the game- it is the game".

**MESSAGES FOR THE PARENTS:** This is an important set of messages that everyone should keep in their mind. We think our children will do everything what we say and expect. This will not happen unless you inspect them frequently. Thus guidance plus verification are needed. And make that the culture in all aspects of life because culture itself is the life.

**MESSAGES FOR TEACHERS:** When you guide and teach the students, do not think that they will take everything from your words. You have to inspect whether they are taking or not. Make monitoring and inspecting your culture and that culture of teaching is the game in the life.

**MESSAGES FOR STUDENTS:** You have to monitor and inspect everything everyday and make that your culture. Inspecting, watching, evaluating, verifying and so on should become part of your culture from now, for building a bright future.

**MESSAGES FOR WORKERS:** Inspecting your work is your culture and hence you are expected to inspect from the beginning till the end of any activity. That inspection should become the work culture of each worker, inside the company and outside.

**MESSAGES FROM HERITAGE:** Prathyaksham + arumaanam + saastram + aapthavaakyam are the four pramaanaas in Indian culture. These four are the inspection to reach the expectation.

**GENERAL MESSAGE:** Two very important words that we should keep in our mind whenever we deal with others are 'monitoring and motivating'. It is important that whatever we monitor that only people will do the way we like the work done. It is also important that we should also motivate them to get the work done in the most positive way.

**MESSAGES FOR THE PARENTS:** Parents should motivate the children for their achievements, good behaviour and cultural values they accumulate from inside and outside. The world is so wide and many good and bads are available now from anywhere. So you should monitor them to see whether they are taking good only. If you cannot do these, your children may lose many things.

**MESSAGES FOR TEACHERS:** Every teacher is expected to monitor the students for their learning modern knowledge and also the value based

knowledge. What is given and what is taken should be monitored and motivated further for acquiring good, better and the best.

**MESSAGES FOR STUDENTS:** Dear students! You are expected to monitor your activities by comparing with those of good people in the world. Where do you stand and where to go from here and so on should be perfectly monitored failing which you may opt for bad pathway unknowingly sometimes even unintentionally. You should also learn self motivation, if others are not finding time to motivate you.

**MESSAGES FOR WORKERS:** Any worker in this world has to perform allotted or undertaken work. Those works should be monitored through a set of management standards and measurements, either in tangible parameters or in intangible parameters. You should also learn to get motivated by others comments and also motivate others through your comments and gestures.

**MESSAGES FROM HERITAGE:** . ahm thwa sarva paapebhyo mokshayishyaami maa sucha . I shall protect you Oh Arjuna from all sins because you are doing the duty expected from you and you are dearest to me. (Bhagavath Gatha)

**GENERAL MESSAGE:** It is important to understand events taking place in all the 360°. This is the circumference around you at horizontal level and also vertical level. In short it is around you. All whatever is happening around you affect you directly or indirectly. You are lucky to take anything from this 360° through your ears, eyes, nose, and mind. Take as much as you can.

**MESSAGES FOR THE PARENTS:** Nature has created many things around you in this 360°. You have to take as much as possible and teach them to your children and grand children. If you are not doing that others will not do, what you are expected to do. Take maximum from 360° and give maximum to your family members.

**MESSAGES FOR TEACHERS:** Teachers should look 360° and teach after learning from around you. Every day, include something in your teaching from this 360°. Every class is like the flow of river water. You cannot touch the same water for the second time. One class is missed

means , you lost an opportunity for teaching them something more useful from this 360°

**MESSAGES FOR STUDENTS:** Everything in this world gives you a lesson for learning. It should be learned and experienced. Not for the examination but for the experience. Look the birds, trees, grass, butterflies, worms, fish, and so on. Learn from them. Nature is the best Guru says Lord Krishna to Uddhava. You have to learn from nature.

**MESSAGES FOR WORKERS:** Wipro, IBM, P & G, GE, Toyota, Ford and like this thousands of companies focus 360° to get information, knowledge, ideas, and experience for their innovative projects and programs.

**MESSAGES FROM HERITAGE:** Lord Krishna learned 64 vidyas from 360°. Thus, if we have the will we can learn as much as we wish from around us. If we are not doing that, the days, weeks, months will fly off and you will remain ignorant. Stagnation is death if you are stagnant.

**GENERAL MESSAGE:** If "Statue of liberty is in the east coast there should be a statue of responsibility in the west coast." With liberty and freedom one can progress. Liberty and freedom with responsibility and authority produce sustainable and innovative progress.

**MESSAGES FOR THE PARENTS:** Give liberty to your children with responsibility, from the childhood itself. We give more freedom and no responsibility. Finally they reach somewhere from where it will become difficult for a turn around. Give them liberty with full responsibility. Monitor and motivate continuously.

**MESSAGES FOR TEACHERS:** Every student should be taught to behave with responsibility. The meaning of the words responsibility and liberty should also be taught to them from childhood with examples and stories. The present social indiscipline is due to the liberty without responsibility, even though the negative attitude is changing slowly.

**MESSAGES FOR STUDENTS:** Any word, action, behaviour, dealing..... should reflect your freedom with responsibility. That is what is evaluated when you are assessed in an interview for appointment and for promotion. Mental and behavioural liberty are like bricks and responsibility is like cement.



**MESSAGES FOR WORKERS:** This message is really meant for workers. In India, one can see liberty has crossed all the levels and our trade/ workers unions made our companies a crazy market place. Luckily due to the highest level of corporate culture, it is changing. Now every worker is accountable for every minute. For the individual, social, economical, psychological progress, liberty and responsibility are like the two wings of a bird or two wheels of a bicycle.

**MESSAGES FROM HERITAGE:** Lakshmana drew a Lakshmana Rekha for Seetha Devi for informing her that 'her liberty is restricted'. She took the liberty without looking into her own responsibility to protect her and crossed the Lakshmana Rekha. You know what happened to Seetha Devi. Lakshmana rekha of responsibility is there for husband, wife, son, daughter, manager, director, chairman ..... and for you and me! Be within that and do not cross that.

**GENERAL MESSAGE:** It is said "If you do not know where to go you can select any road". This appears to me a simple but great message because for each activity and action it is important to design a goal, purpose, aim and so on without which, we may be searching a black cat which is not there in a dark room. So make the goal clear and the road will become clear.

**MESSAGES FOR THE PARENTS:** At every instance, our children should get guidance and direction from the parents. If you fail to give the direction and guidance, they will opt their own pathway which may become successful or failure. We do not have time to waste by doing trial and error in this modern world. So guide your children systematically.

**MESSAGES FOR TEACHERS:** In every class, the teachers should know what to teach and how to teach. They should know the condition of the students before and after learning the subject you teach. The road should be clear for you and should be made clear for the students.

**MESSAGES FOR STUDENTS:** From the childhood itself you should make a plan for moving forward. Without any plan you cannot search for the route or road. So make it sure that you have taken decision or deciding slowly to reach a point in life. Like Dr. A.P.J. Abdul Kalam wanted to become a great scientific, he could.

**MESSAGES FOR WORKERS:** Doing the same work for 35 years and retiring is not the ultimate aim of your life. Every month something new for marching forward by creating a road of your own should be created. Plan for elevating everyday from the previous day. Be creative!

**MESSAGES FROM HERITAGE:** Vyavasaayikaathmaka buddhi ekeha kuru nandana, bahusaakshaahyanandascha buddhaya avyavasaayinaam = Unless you fix your target and march towards that, you will have problem Arjuna! Because for a person without any aim there will be many roads which will not lead to the goal/ target. It will be merely an aimless walk!

**GENERAL MESSAGE:** We do not have the freedom to select our mother, our father, our gender, colour of the skin, beauty of the body and so on. So what we have with us should be fully utilised within which we should find our happiness. This is our capacity. For this we have to elevate our mind, thoughts, action, and results. This will automatically elevate the reward in the life

**MESSAGES FOR THE PARENTS:** Teach your children to be good and great in what they have. Motivate, guide, direct, instruct, evaluate, estimate ... them to elevate from yesterday to today and from today tomorrow. Thus from bad to good, good to better, and better to nearer to the best. Let our children say that we are the proud children of so and so

**MESSAGES FOR TEACHERS:** Dear teachers all your students may not be equally intelligent, good and nice. They are born and brought up in different families. Give them specific messages for elevating themselves in their wavelength. They will improve. Motivate them and direct them. Your motivating words will guide them if not today, atleast tomorrow.

**MESSAGES FOR STUDENTS:** Dear students what you do not have, worry less about it. Struggle to achieve maximum within the limit of what you have. Never shout slogan | It will not take you anywhere. None has achieved anything by shouting slogans. Try and struggle hard to achieve. Like Dr A.P. J. Abdul Kalam could become a good and great scientist and president of India from a fishermen family.

**MESSAGES FOR WORKERS:** Now you are different from the earlier Indian workers. Earlier you were trying to stick to one job, now the situation has changed. The workers have enough job to opt and come out in flying

colours. If you are dejected from the present job, resign out or take VRS and look for more comfortable and challenging position. Salary is less important than a happy life.

**MESSAGES FROM HERITAGE:** Swadharmamapi chaavekshya navikambithumarhasi. Do your duty with responsibility and utilise the privilege derived out of that. You can become good and great. Arjuna.

**GENERAL MESSAGE:** When we were born we were hardly 3 kg by weight, from the infant stage we grew through youth, middle age, old age and then a day will come the last day of our life. Before the birth and after the death what was and what we will be are not well known. Only we know in between these. That is in our hand. Make that duration most effective.

**MESSAGES FOR THE PARENTS:** Tell your children that life is not a never ending phenomenon. It has a beginning and an end. From the beginning to the end we have to become more and more matured and cultured. Every day we are growing mentally and physically. That should reflect in our words and deeds.

**MESSAGES FOR TEACHERS:** Every teacher is expected to inform the students that the students are growing and will become a grown up man or woman. Society accepts a boy / girl in a different way from a man / woman. That is the change which the teachers should teach in five minutes, atleast once in a week.

**MESSAGES FOR STUDENTS:** When you grow up, remember that your freedom will be reduced, you will become a grown up man / woman. You should be careful in using words and dealing with others. Your words and deeds will become more valuable and dignified during the course of this change. Prepare for that.

**MESSAGES FOR WORKERS:** Just like the day of entry is there in a work place, the day of exit also is there. In-between how long you work in a company, none is bothered. How you work(ed) is that what all are bothered. Utilise every minute and remember that you are not permanent in the company.

**MESSAGES FROM HERITAGE:** Dahinoasmin yadaa dehe koumaaram yauvvanam jaraa thathaa dehaanthara praapthir dheera thathra na muhyati  
+ This body has different states, Oh Arjuna! Like infancy, childhood,

boyhood, youth, middle age and old age and finally a day will come you will have to go back. You should not worry about these changes because it is the nature's rule. These changes are natural. Be prepared for that.

**GENERAL MESSAGE** There are a few important questions for us. What is our aim in life? What should we do? What can I do? What is expected from me? On every occasion, if we spend five minutes for answering these questions, we shall get a clear idea on what and how to move forward efficiently and effectively.

**MESSAGES FOR THE PARENTS:** It is our duty, responsibility and privilege to see that we are giving the correct questions and answers to our children, by making them ask these questions and also giving them the direction to answer these questions, by themselves. When, what, why, how... they eat, study, play, rest and going to do something, watching the movie. such questions can give them good direction.

**MESSAGES FOR TEACHERS:** The students should be taught how to answer and also how to ask questions for getting the answers for the above points. The students should have a goal and, for reaching that goal they should do many things. Teach them slowly steadily. Rest, let them think and analyze.

**MESSAGES FOR STUDENTS:** Dear students, you have to think where to go, how to go and which pathway should be opted for reaching the goal. You have to integrate the value based knowledge for becoming good and also modern knowledge for becoming great. It is told what you want to achieve that you will achieve. You should have the passion.

**MESSAGES FOR WORKERS:** This question is asked and also told to ask by the CEOs of many companies when the company is on the path of a turnaround. Each worker has a role to function positively to develop the company, whether he/ she likes it or not. Without us a company can survive, but without the company we cannot survive. Thus, ask the above questions and come to an answer for performing better for yourself and for the company.

**MESSAGES FROM HERITAGE :** *Yath bhaava thath bhavathi*. What you want to become, that you will become. For becoming 'that' you have to ask the question and you have to work. *Karmani eva lay adhikaara*: your duty, responsibility and privilege are to work hard..... to become 'that'

**.GENERAL MESSAGE:** A story, others experience or a message can change our life provided we are taking it seriously. These can influence our mind and the thoughts. When the mind and thoughts are affected naturally the action will get influenced by these. This will end up in changing the result and reward of the action. Thus take the story, experience and message seriously from wheresoever may it come. Take the good and give up the bad for our benefit.

**MESSAGES FOR THE PARENTS:** Taking good and rejecting the bad should be taught to our children through stories, experiences and messages. If you do not teach them, they will not get opportunity to learn from elsewhere.

**MESSAGES FOR TEACHERS:** While teaching any modern subjects in the class rooms, incorporate a few doses of the above three also like cement put in between the bricks. All these may not be remembered then and there itself by the students, but it will get recollected when the occasion comes in future. As we all do recollect the messages of our parents and teachers even decades later.

**MESSAGES FOR STUDENTS:** Take note of all messages and stories and others experiences you are listening or watching. This can be an asset in your present or future life. These may not be available in your text books or from other sources.

**MESSAGES FOR WORKERS:** Many people create hell from heaven for themselves and some create heaven from hell. The creator of hell and heaven is not god but we ourselves. Through the above three pathways we can try to create heaven by changing our mind and thoughts.

**MESSAGES FROM HERITAGE :** Bhadram kamebhi srunuyaama devaa bhadram pasyema akshabhira,atraa = let us all listen to glorious messages and stories with experiences and watch glorious things which can be useful for changing our life say Upanishads,

The world is moving through the information and related technologies. IT has become the synonym for 21<sup>st</sup> century. Computers are replacing many other tools. Modern life got revolutionized now.

We should remember that information should be converted into knowledge and that should be refined into wisdom. The wisdom should be converted

into experience. The totality of our experience each day is the daily life. Experience of living is life and preparation for living is not life.

Become wise by acquiring knowledge through listening, watching, discussing and thinking. Become wise through listening stories, experiences of others and messages from scholars, scientists and thinkers.

Listen and make others listen, watch and make others watch, discuss and make others discuss and think and make others also think. Then practice the best from those.

For information, knowledge and wisdom keep your ears and eyes open. These two, the ears and eyes, should receive both good and bad from outside. But the mind should take only good from what we have heard and watched.

**W A T C H** = your Words, Action, Thoughts, Character and Health/Heart.

**RECENT EXPERIENCE FROM BAHRAIN:** This, I am writing not for exposing something great about my small trip to Bahrain in connection with the Vijayadasami vidyaarambham, but to inform that how Indians are changing and starting to think about their roots and cultural heritage.

I could see there are many Indian organizations and 8 of them were celebrating vidyaarambham this year in which many toppers were from non-Hindu community. Kerala Social and Cultural Association, Bahrain coordinated series of programs and my visit.

I could see all the news papers and tvs in Bahrain gave excellent publicity for the vidyaarambham and Madhyamam a known Muslim news paper gave maximum coverage this year for the function.

Indian schools were given holidays this year in connection with durgashtamai and vijayadasami.

Hundreds of Muslims and Christians were sitting among the audience when I gave the lecture on Indian heritage and culture. Many of them came forward and bowed their head with respect.



There was not even the feeling which projected that we are Hindus, Christians or Muslims. Four years ago when I happened to go to Bahrain for Vidyaarambham, Chandrika Malayalam Muslim Newspaper severely criticized vidyaarambham and my doing that saying that it is purely fundamentalism and religion based. This year a violent change could be observed in all the media in Bahrain and off course in Kerala too.

Many Christian and Muslim youths were in the forefront and Christian and Muslim office bearers were leading the vidyarambham in the traditional way in a Muslim country like Bahrain.

Many of the leftists and atheists were seriously taking part in this knowledge oriented festival. There were hundreds of youths who were following IISH's youtube lectures and started feeling proud that they are Indians, whatever may be their religion.

I am sure the world is changing, Indians are also changing, a change which I could see wherever I go (inside and outside India) and that change is towards India and our culture. They changed to this without giving up the scientific temper and vision of taking good from anywhere.

I wish you the parents, children, students, teachers, workers and others will also take part in the mission of changing India and changing the mind of Indians and inculcating a serious sense of pride on our scientific, rational and logical heritage applicable for the 21<sup>st</sup> century. Learning, teaching and practicing Indian heritage adoptable and adaptable for the modern generation are picking up fast.

All the Indian messages, experiences, stories, books, customs and rituals, beliefs and so on are meant for changing the mind of the individuals towards everything he/she experiences and faces in this world.

Mind is the source of instruction to the body. Thus changing the body fetches temporary results and changing the mind gives (reasonably) permanent benefits.

Ultimate aim of Indian messages given through puraanas, itihasaas, Vedas and Upanishads is to change the mind from fearful to fearless.

state, egoful to egoless state, bondage to unbonded state and fill with love, affection, devotion, dedication, sincerity, respect, honor, sympathy and so on. Our heritage aims at achieving the above by reducing the negative thoughts like greed, anger, fear, and so on and filling with positive thoughts.

Messages and experiences of different scholars and players are given in our heritage books aiming at changing the mind of the people living at any state and people living at any level.

As I used to say and write in my earlier messages, when the mind changes through good input, the thoughts will change as good output. This results in changing the attitude and action. When the action changes towards positives, the results will also change. This derives change in the reward of the action.

Thus, I request all the parents to change their mind set. If it is negative, from negative to positive and change the mind of your children from any type of bad qualities and fill with good qualities from the age of 3.

I request the teachers follow the above messages while you teach. Let your students respect you as one of the best teachers who could change their life by explaining the role of change of the mind in their life.

**CONVERTING THE NEGATIVES:** We live about 28,000 days in this world and each day we are trying to convert the negatives we face in our life to positives. In majority of the cases, we do succeed also. Thus human life is a battle for converting negatives into positives, whatever may be our age, creed, religion, nation or attitude. This conversion of negatives to positives start from mind then proceeds to thoughts and then to action.

Thus equipping the mind to face anything and everything, even though it is difficult, has to be done to exist in this world and to become successful.

Thus, fill your mind, the mind of your children and that of your students with courage, confidence, fearlessness, passion, self respect, happiness, universal truths and facts and also the negatives those one has to face during the process of living.

For these, give them messages with examples and stories. No baby in this world is born with good qualities or bad qualities. Majority of these

qualities are inculcated by the parents when he / she grows from what he/she listens, watches, and experiences. Thus pass through tough experiences and share those with those who are associated with you directly or indirectly.

The Vedas, itihasaas and puraanaas are written not for going to heaven but to make the life here heavenly. How long you live here none is much bothered. How you live in this world is that makes the life glorious. That is why we do not remember how long the great men lived, we remember mainly how they lived.

Thus let us prepare our mind to face negatives with positives. Achievements, innovations, creativity and rewards are the output of the brave and genius mind filled with positive qualities.

Use the proverbs as modern management principles and teach them to your students, children and colleagues.

1. Barking manager seldom bites. Biting secretary seldom barks; 2. All the committee members who are glittering are not gold. 3. Rolling workers gather no results. 4. Firing (a worker) in time saves nine. Hiring a good one also saves nine. 5. Some workers are good servants and bad masters. 6. Always the workers may not drink milk given by the manager. 7. Empty director makes noise. 8. Management is the only profession where success can be predicted before work. 9. Even CEO & will fall if the steps are not properly put. 10. An unskilled worker cannot become a manager even if he takes a good bath. 11. Treasurer fallen in hot water will be scared even when he sees cold water. (continue to make more like this apply in your management system carefully)

Listening the messages repeatedly is one of the methods to elevate ourselves. This is because the elevation should start from the mind.

These messages change the mind from one state to another state depending upon the messages we listen. If the messages are from the people who demonstrated themselves the validity of the message, those messages have double effect; the message effect and source effect.

Swami Vivekananda said "whatever you think, that you will become. If you think yourselves weak, weak you will be; If you think yourselves

strong, strong you will be. This is a strong Vedic message yath bhaava  
thath bhavathi

He who is the servant of all is their true master said Vivekananda  
Pareshaam upakaaraaya ya jeevathi sa eva jeevathi ( those who are living  
for others they only are living says Rg veda)

He never becomes a leader in whose love, there is a consideration of high  
or low. Said Vivekananda. Sahanaa vavatu sahanow bhunakthu saha  
veeryam karavaavahai... says all the Vedas and Upanishads

What the world wants is character and doing good to others is virtue  
which is dharma. Injuring others is the sin. Strength and manliness are  
virtue weakness and cowardice are sin. Independence is virtue and  
dependence is sin. Loving others is virtue and hating others is sin. Faith  
in god and in one's own self is virtue doubt is sin. Said Vivekananda

Let our mind get purified with these messages so that our thoughts and  
action will become better and so the result and reward of our action

Swami Vivekananda's message for our day today practice:

"Desire and evil itself have their uses. There is glory in happiness, there  
is a glory in suffering as for me, I am glad I have done something good  
and many things bad; I am glad that I have done something right, and  
glad I have committed many errors, because everyone of them has been  
a great lesson.

Not that you should not have property (luxury), have all you want... only  
know the truth and realize it..... " All that you acquired, grabbed, earned,  
... you are going to retain only till your last breath. After that you  
yourself will not be here in this world.

Remember these words of wisdom. We commit mistakes but make it a  
point never repeat the same mistakes but learn lessons from it.

We do many good things | People may appreciate or neglect or criticise.  
But if they are good, none in this world can erase off the good result of  
those good things.

The time will erase of many things but will retain the permanent good  
things. We remember many great men with respect because time kept  
their names for us.

Upper third level is Valmiki Ramayana level where stories are absent and only the experiences of all those who are related with Rama are given to make us understand that if we live like them, we will also get the experience like what they faced in their life. This is a higher level of enlightening souls.

The fourth level is giving direct messages through Vedas without telling any stories or experiences of any individuals. Here the level is very high where one should analyze the messages and implement them in life. This is the level of Vedic scholars.

The fifth level is the level of understanding the absolute truth in the life. The fact, truth and essence of the life, mind, sensory organs and so on through the Upanishads. This is the level of Sankaracharya, Ramana Maharshi, Ramakrishna Paramahansa and so on.

When we reach the fifth level, all the preceding levels need not be discarded. All the literature can be used for teaching others about the absolute truths, facts and essence of life and all vyavahara of our life.

**UTILIZING THE OLD:** We always say old is gold. Old may not be gold always. Still utilization and reutilization of the old materials by addition, deletion and modification can be best solution instead of opting for the brand new materials. This may not always work. Still can be and should be tried. Utilization of the existing materials can save time, energy, space and many more things.

This is not only applicable for the old materials, but also applicable for human resources. The 'old men and women' in our home (relatives and parents) do have excellent training, experience and exposure on various factors in their life which may be ideally used for solving our problems. Thus utilizing their knowledge and experience (just by listening them) should be an excellent option for marching forward.

Utilizing the 'old space' should save many things, if properly planned. We always struggle for new buildings, new rooms, new facilities and so on. This can be avoided if sharing and caring are opted in optimum utilization of existing space.

Utilization of the energy and time of the (old/ existing work force) people is done, now a days, to the minimum level. If properly motivated,

appreciated and planned, we can use the help of our own colleagues to the optimum extend. This should be done by keeping in mind that we have to compensate them.

All our puraanaas and Mahaabhaaratha written in Naimishaaranya were the utilization of the knowledge of the visiting Rushies to that centre. This was done during the last many thousands years. The students of Naimishaaranya used to ask questions and the visiting guests give answers which were compiled as 18 puraanaas and 18 upapuranaas and Mahabhaaratha epic.

Thus utilize and reutilize all whatever is existing with us which can save the earth and society from over exploiting. Nothing should go as a waste.

**SPARE TIME UTILIZATION:** Our life is short. How long we are living is less important and how we are living is more important. In that life experience of living is the life, preparation for living is not the life. Thus we have to make the full utilization of each and every second in our life usefully purposefully, fruitfully and meaningfully.

Yesterday is gone which will never come back. Tomorrow will definitely come and we are not sure whether we will be there or not. What is with us now is the NOW. Hence utilize each bit of SPARE TIME. In the modern management it is told to undertake multitask approach, which can save lot of time, energy and manpower.

Thus utilize each and every second by properly planning the time available to you. Sleep till you feel worth and never more than that. Never sit simply without doing anything. Even while sitting listen, watch, read, study or think useful matters which can be of immense help for your TODAY and TOMMORROWS.

Note down each and every work to be done in a note book \* mark when that work is done. Go to the next work, do the same. I am sure you will be one among a few happy men in THE WORLD. Because many people are worrying not because of the work, but thinking about the work.

The tension is not doing the work but thinking about doing the work. After doing a work, further thinking is not needed because the file of that work

closed. Complete all the pending work and then take rest, that rest will be divine and without tension.

I practice that, the result was/ is marvelous. Hence I am sharing my experience of utilizing the SPARE TIME with you. Let you also share this with others and family member.

Remember that Sree Rama visited many ashrams and learned a lot while he was in the forest for 14 years. Raavana learned 4 vedas, 6 vedangas and spare time used for writing Ayurveda book.

Our Rushies never wasted even a single minute thus they could use the time fruitfully and they are in our mind even after thousands of years.

**BEING DIFFERENT** is a special business management term taught in MBA. It instructs us to look into ourselves and evaluate ourselves on each and every one of the tangible and intangible factors connected with us.

Just ask the question to yourselves and find out the answer for each one of the question. How I am different from others? In my look, vision, communication skill, subject knowledge, value based knowledge, general knowledge, behavior, temperament.....

How much time I spend for thinking- initiating an action – completing the action – evaluation the results and rewards of the action....., how do I approach the problems, what feelings do I have when I face negatives and problems.....

I have just given a few tangible and intangible factors to you for evaluating yourselves and assess ourselves to understand whether I am different from others, or same as others, or lower / higher than others in these factors.

Point by point evaluate yourselves on all aspects connected with why, what, where, when, who, whom and how YOU are being different from others. Never stop there. Proceed further for picking up and enriching the good that you have to better and further.

Then note down which are the factors where you are different negatively (weak), then fill up the gap and try to change from bad to good, then good to better and further.

If we do not know where we are weak, we cannot strengthen that location. This 'being different analyses' will definitely help us to find out our good



and make them better and also our bad and converting them to good and further.

This helps us to elevate mentally, spiritually, economically, socially, academically, and so on. Remember if we are not growing in all the above aspects continuously, in the heavily competitive world, we will be out.

Display these messages in your office general/ club/society/library notice board also

**EFFORT AND RESULT :** Two things which are most important in our personal and professional life are the efforts which we take for achievements and the results we get out of that.

None in this world may be bothered to listen and understand what are the efforts we have taken for the achievements, they will be looking only on the certificates for getting the information on the results.

Thus one should focus all the efforts for result oriented output. Let the reward come or not, the result which is part and parcel of the effort should get projected and that should be targeted.

If you read our heritage books, you can see that efforts are explained with results, by projecting the efforts and results with equal importance. This is one of the best methods to follow in our life also.

When you are attending an interview, you can see that the interviewers generally ask the questions to know what you do not know instead of what you know. Here too the results or your learning is evaluated. They will not be asking you how many days/ hours you studied, how much strain you took for getting the high marks , etc.

Hence follow the path of projecting the results and efforts with equal importance without claiming too much for the rewards. *Kamani eva adhikaarasthe...* is the message to be learned well and practiced. The effort and result should get combined in action and explanations.

Swami Vivekananda took terrible efforts and produced wonderful results. He stands as an ideal model for the youths.

**ATTACHMENT AND BONDAGE :** A message which has been wrongly interpreted is logically and rationally interpreted here. Many spiritual leaders used to firmly say that one should get detached from worldly

life, detachment is the essential part of spiritual life, attachment is dangerous and so on.

If we use the common sense we can understand that if we do not have attachment towards our family members/ colleagues/ friends / work / company / management and so on , the system will breakdown.

Without doubt one can say that in what we are involved will not fetch results if we start working without attachment towards anyone/system.

Suppose we are using the word 'bondage' (bandanam) instead of attachment (bandham), the meaning and message will be very clear. One should not have bondage to all those told earlier.

Bonded labor is a negative term. Bondage creates clutches leading to even mental instability. Thus one should do self correction and also carefully correct the spiritual leaders that bandam/ attachment is needed and bandanam / bondage should be avoided.

It is not the attachment which creates problems, it is the bondage. Without attachment in the family, society, company, and so on and even attitude towards our own motherland will become terribly negative. Family, society and nation will derail from the dharmic expected pathways.

I am stopping here and many small messages which I delivered in my speeches will be published in another book like this



**These messages were communicated  
through Thursday messages and facebook !  
Do, addition, deletion, modification  
before adopting in your life !  
If they are worth uniform others too !  
Lead from bad to good  
Lead from darkness to light  
Lead from pains to peace**

